

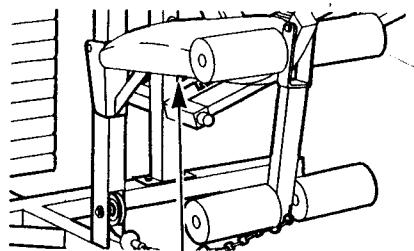
WEIDER 3225™

HARD DRIVE SYSTEM

MULTI-STATION • PROFESSIONAL QUALITY FITNESS SYSTEM

Model No. 2319 WG-8225

Serial No. _____



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-667-2140

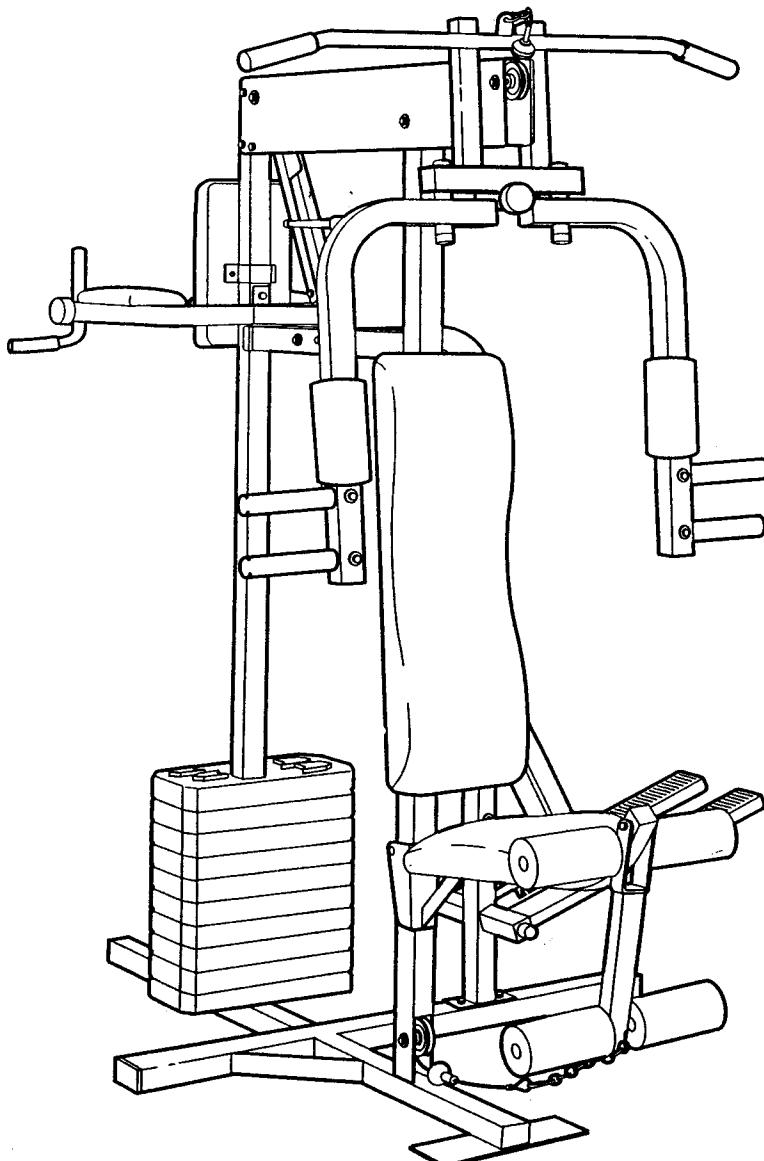
Mon.-Fri., 9 a.m. - 5 p.m. ET

CAUTION!

Read all safety precautions and instructions in this owner's manual before using this equipment. Save this owner's manual for future reference.

PATENT PENDING

OWNER'S MANUAL



weider®

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the hard drive system.

1. Read all instructions in this owner's manual and in the accompanying literature before using the hard drive system.
2. Use the hard drive system only on a level surface. Cover the floor beneath the hard drive system for protection.
3. Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately.
4. Keep small children away from the hard drive system at all times.
5. Keep hands and feet away from moving parts.
6. Always wear athletic shoes for foot protection.
7. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
8. Never release the arms, leg lever, VKR arm, lat bar or nylon strap while weights are raised. The weights will fall with great force.
9. The VKR arm should never be used for leg raises or knee raises while the weight stack is being used. The feet of the person using the VKR arm could become caught between moving weights.
10. Always stand on the foot plate when performing an exercise that could cause the hard drive system to tip.
11. Always disconnect the lat bar from the hard drive system when performing an exercise that does not use the lat bar.
12. When using the stepper, always keep your feet on the pedals. If you lift your feet off the pedals, the pedals may become separated from the resistance cylinders, resulting in injury. The resistance cylinders become very hot during use. Allow the resistance cylinders to cool before touching them.
13. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

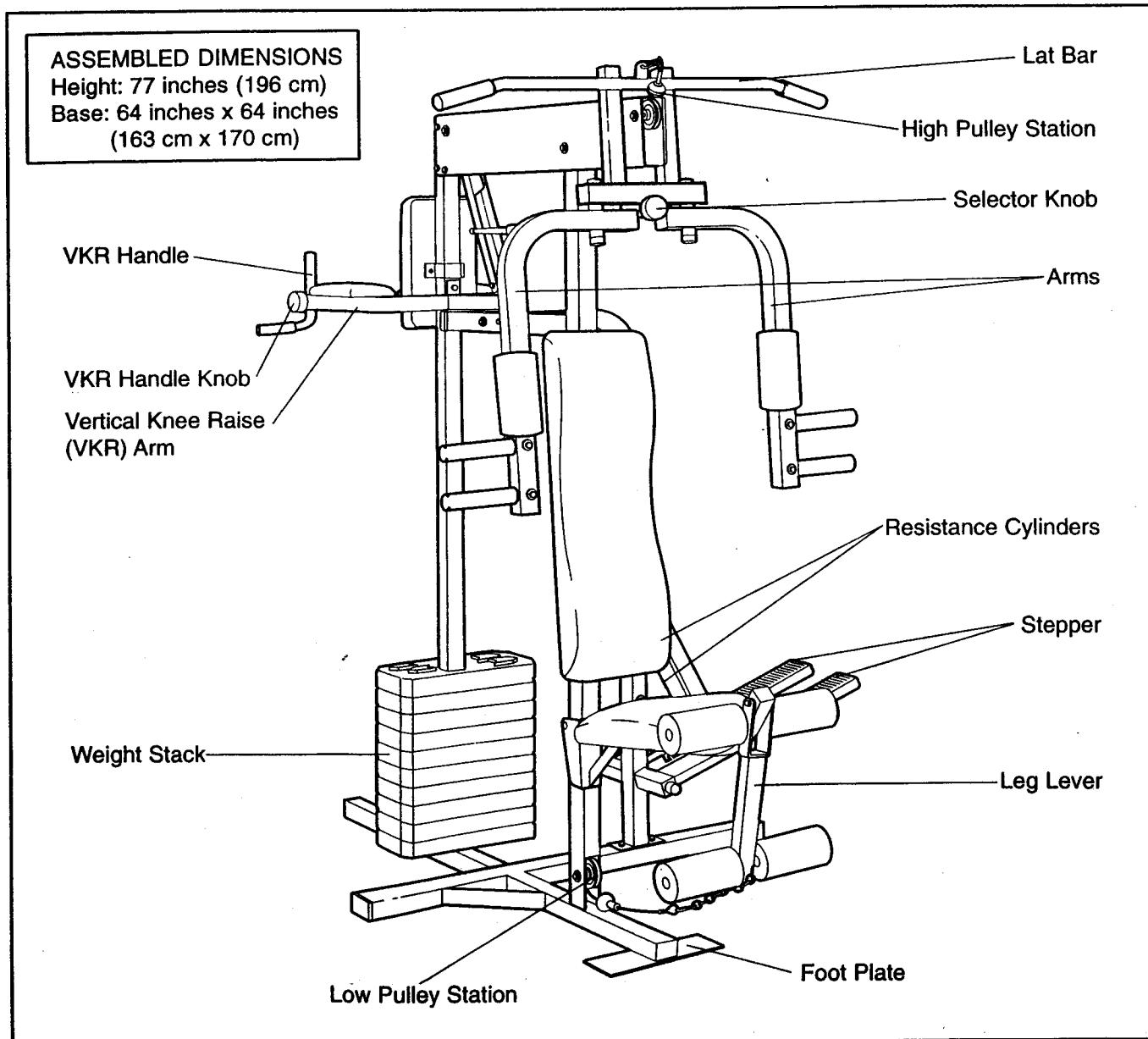
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. WEIDER assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® 8225 Hard Drive System. The WEIDER 8225 offers an impressive array of weight stations designed to develop every major muscle group of the body. In addition, the WEIDER 8225 features an adjustable stepper to let you enjoy true cross-training workouts in the convenience of your home. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER 8225 will help you to achieve the specific results you want.

For your safety and benefit, read this manual carefully before using the WEIDER 8225 Hard Drive System. If you have additional questions, please call our Customer Service Department toll-free at 1-800-667-2140, Monday through Friday, 9 a.m. until 5 p.m. Eastern Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 2319 WG-8225. The serial number can be found on a decal attached to the WEIDER 8225 (see the front cover of this owner's manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

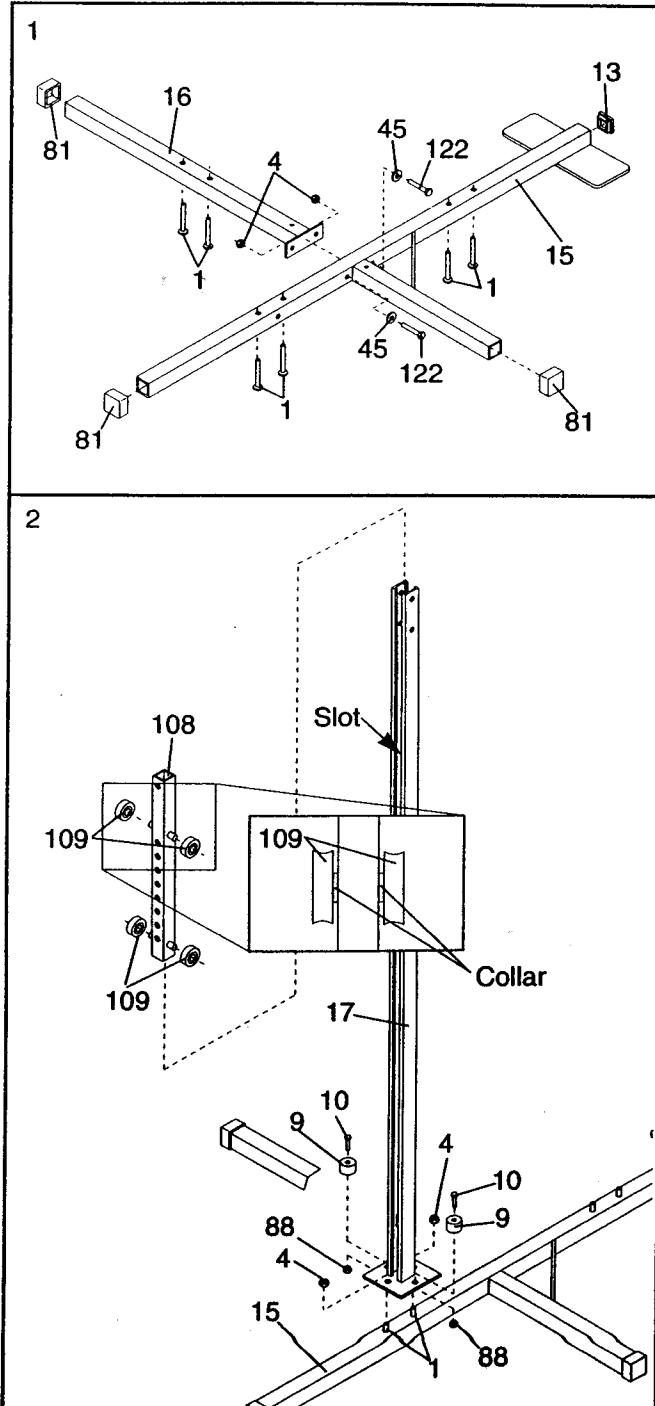
Assembly requires two people. Due to the size and weight of the hard drive system, it should be assembled in the location where it will be used. Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Before beginning assembly, read each step and look at each drawing carefully. As you assemble the hard drive system, make sure that all parts are oriented exactly as shown in the drawings. Tighten all nuts and bolts as you attach them, unless instructed to do otherwise. For help identifying the small parts used in assembly, refer to the PART IDENTIFICATION CHART accompanying this owner's manual.

Assembly requires the following tools (not included): two adjustable wrenches, a phillips screwdriver and two rubber mallets. Grease and a small bowl of soapy water are also needed.

1. Press a 2" Inner Cap (13) and two 2" Outer Caps (81) onto the Base (15). Press a 2" Outer Cap (81) onto the Stabilizer (16).

Insert four 5/16" x 2 1/2" Carriage Bolts (1) up through the Base (15). Insert two 5/16" x 2 1/2" Carriage Bolts up through the Stabilizer (16).

Attach the Stabilizer (16) to the Base (15) with two 5/16" x 2 3/4" Bolts (122), 5/16" Flat Washers (45), and 5/16" Nylock Nuts (4).

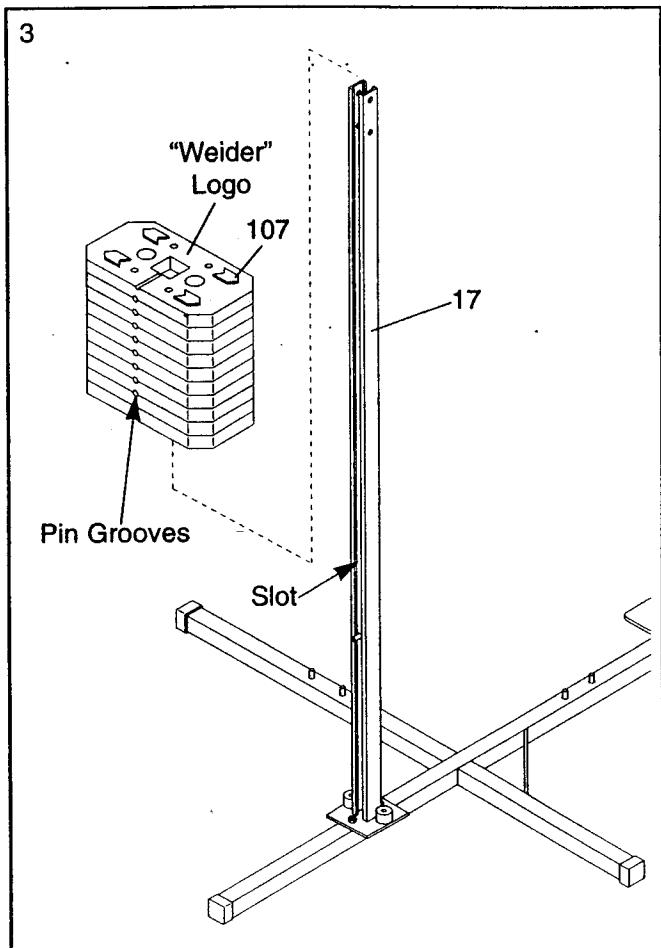


2. Slide the Rear Upright (17) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). The Rear Upright must be turned so the slot is on the side shown. Attach the Rear Upright with two 5/16" Nylock Nuts (4).

Slide the four Rollers (109) onto the short pins on the Weight Tube (108). Each Roller must be turned so the collar is facing the Weight Tube (see the inset drawing). Slide the Weight Tube down into the Rear Upright (17).

Attach a Rubber Bumper (9) to each side of the Rear Upright (17) with a #8-32 Screw (10) and #8-32 Nut (88).

3. Slide the ten 12.5 Lb. Weights (107) onto the Rear Upright (17). Each Weight must be turned so the "Weider" logo is on top, and the pin groove is on the same side of the Rear Upright as the slot.

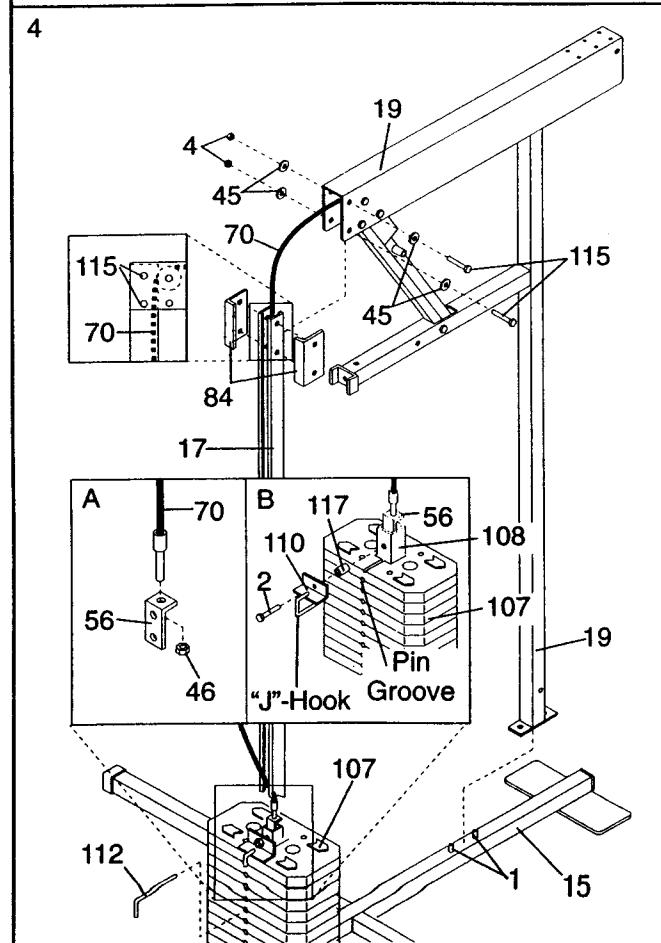


4. Slide the Front Upright (19) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Base (15). Insert the end of the Weight Cable (70) down into the Rear Upright (17).

Insert the Upright Brackets (84) between the Front Upright (19) and upper end of the Rear Upright (17). Attach the Front Upright and the Upright Brackets to the Rear Upright with two 5/16" x 3 1/4" Bolts (115), four 5/16" Flat Washers (45) and two 5/16" Nylock Nuts (4). Do not tighten the Nylock Nuts yet. Note: The Weight Cable (70) must be on the side of the Bolts shown in the inset drawing.

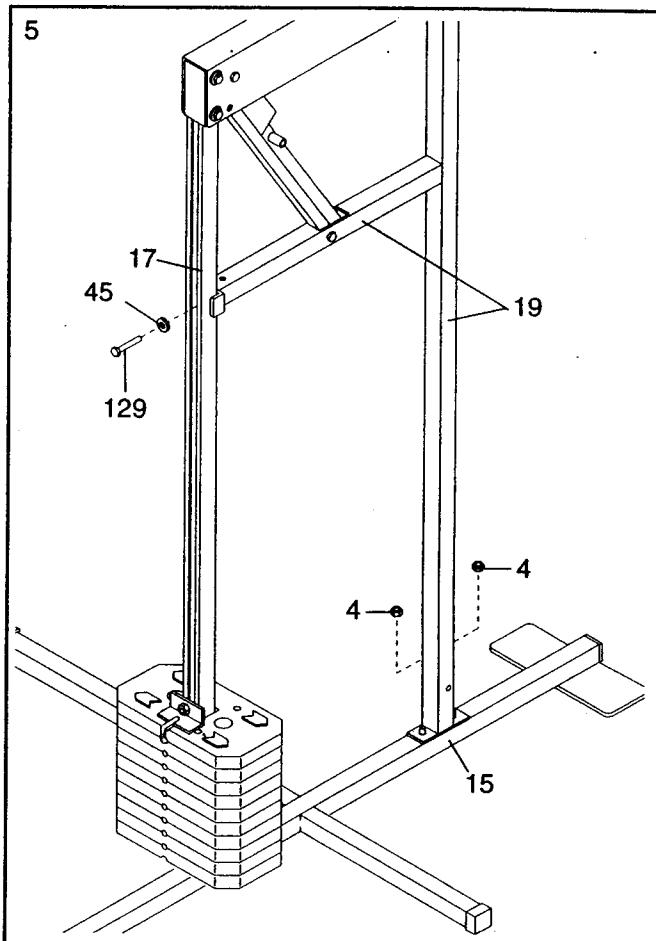
(See inset drawing A.) Insert the threaded end of the Weight Cable (70) into the Cable Bracket (56). Tighten the 1/4" Nut (46) about halfway up the threaded end of the Weight Cable.

Insert the "L" Pin (112) under one of the Weights (107). (See inset drawing B.) Slide a Weight Bracket (110) and 1/2" x 1/2" Spacer (117) onto a 5/16" x 1 1/4" Bolt (2). Insert the Cable Bracket (56) into the Weight Tube (108). Insert the Bolt into the Weight Tube and tighten it into the Cable Bracket. The "J"-hook on the Weight Bracket (110) must be inserted into the pin groove under the top Weight (107).



5. Attach the Front Upright (19) to the Base (15) with two 5/16" Nylock Nuts (4). **Do not tighten the Nylock Nuts yet.**

Attach the Front Upright (19) to the Rear Upright (17) with the 5/16" x 3/4" Screw (129) and a 5/16" Flat Washer (45).



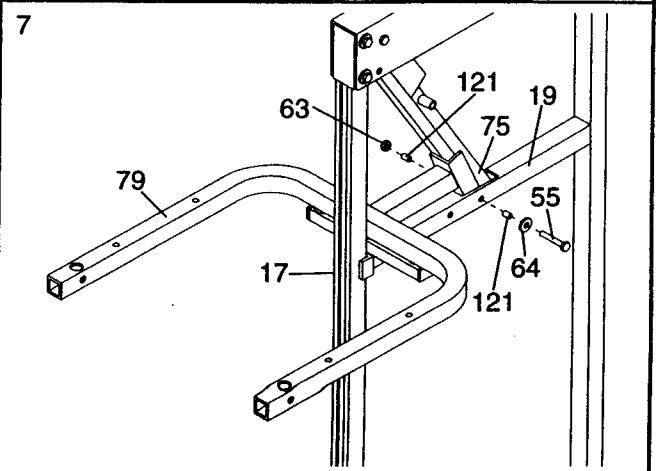
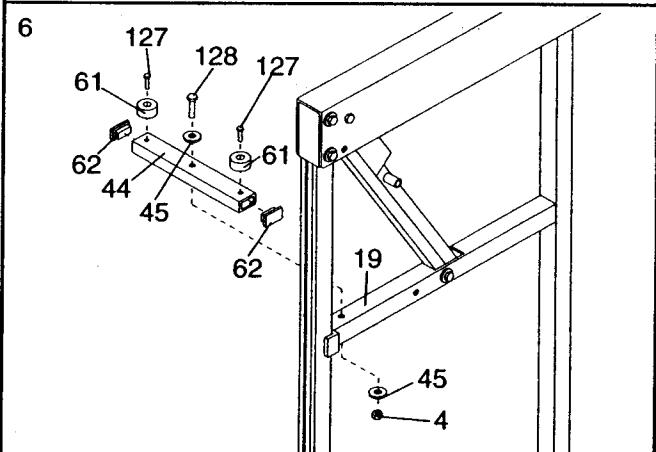
6. Press a 1" x 1 1/2" Inner Cap (62) into each end of the Press Stop (44).

Attach the two VKR Frame Stop Bumpers (61) to the VKR Frame Stop (44) with 1/2" Tap Screws (127).

Attach the VKR Frame Stop (44) to the Front Upright (19) with a 5/16" x 3 1/2" Bolt (128), two 5/16" Flat Washers (45) and a 5/16" Nylock Nut (4). **Make sure that the VKR Frame Stop is attached so the two VKR Frame Stop Bumpers (61) are on top.**

7. Remove the 3/8" Nylock Nut (63) from the indicated 3/8" x 2 3/4" Bolt (55). Set the Nylock Nut aside—it will be used again in assembly step 11. Remove the Bolt, the 3/8" Flat Washer (64) and the two 5/8" x 5/16" Spacer (121) from the Front Upright (19).

Slide the VKR Frame (79) around the Rear Upright (17) as shown. Fit the bracket on the end of the VKR Frame around the lower end of the Pivot Arm (75) as shown. Align the hole in the bracket with the hole in the lower end of the Pivot Arm. Slide the 3/8" Flat Washer (64) and one 5/8" x 5/16" Spacer (121) onto the 3/8" x 2 3/4" Bolt (55). Insert the Bolt through the Front Upright, the VKR Frame and the Pivot Arm. Slide the other 5/8" x 5/16" Spacer (121) onto the Bolt.



8. Press two 1 1/2" Inner Caps (38) into the VKR Frame (79).

Attach a VKR Armrest (80) to one side of the VKR Frame (79) with two 1/4" x 2" Screws (82) and 1/4" Flat Washers (6).

Attach a VKR Armrest (80) to the other side of the VKR Frame (79) in the same manner.

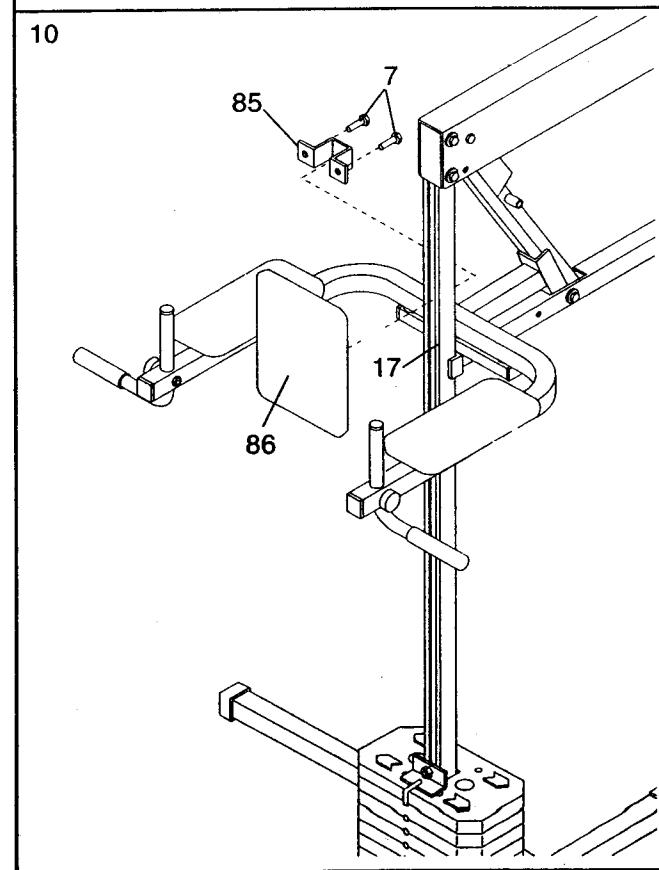
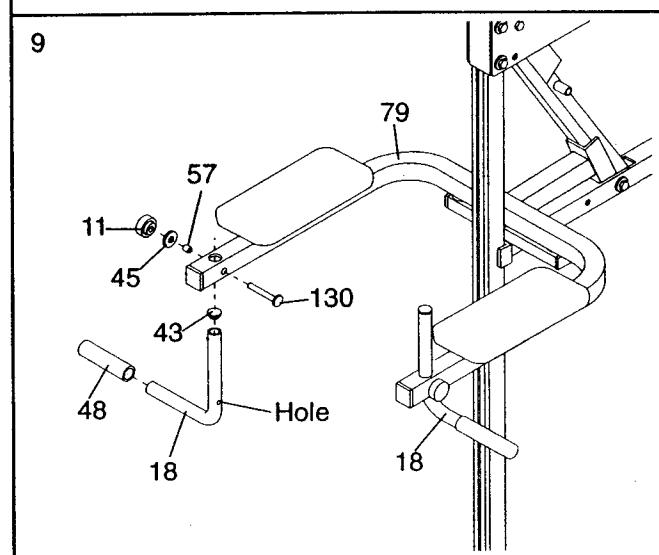
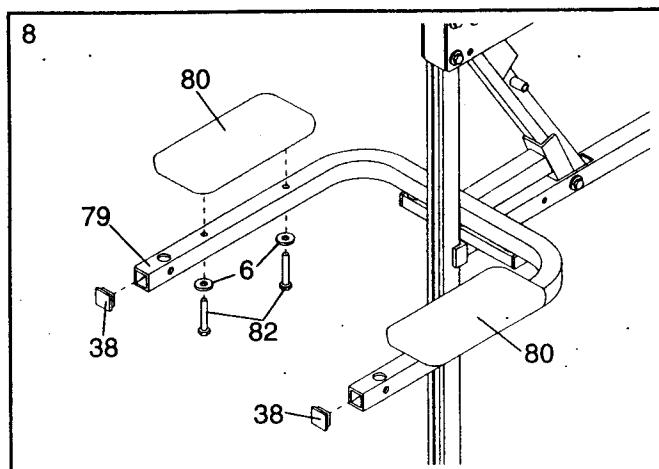
9. Slide a VKR Handle (18) into the large hole at the right end of the VKR Frame (79). Attach the Handle with a 5/16" x 2" Carriage Bolt (130), 1/2" x 3/8" Spacer (57), 5/16" Flat Washer (45) and 5/16" Knob (11).

Press a 1" Round Cap (43) into the indicated end of a VKR Handle (18). Slide a 5" Grip (48) onto the other end of the Handle.

Attach the other VKR Handle (18) to the VKR Frame (79) in the same manner.

Note: The VKR Handles (18) can be attached in any of four positions. Refer to ATTACHING THE VKR HANDLES on page 17 of this manual.

10. Attach the Small Backrest (86) to the Rear Upright (17) with the Small Backrest Bracket (85) and two 1/4" x 3/4" Screws (7).



11. Attach the Stepper Upright Extension (87) to the Stepper Upright (97) with two 5/16" x 3/4" Bolts (120) and 5/16" Flat Washers (45).

Slide the Stepper Upright Extension (87) onto the indicated 3/8" x 2 3/4" Bolt (55), while sliding the Stepper Upright (97) onto the two indicated 5/16" x 2 1/2" Carriage Bolts (1) in the Stabilizer (16).

Reattach the 3/8" Nylock Nut (63) to the 3/8" x 2 3/4" Bolt (55). Attach the Stepper Upright Extension (87) to the Front Upright (19) with a 5/16" x 2 1/2" Bolt (14), 5/16" Flat Washer (45) and 5/16" Nylock Nut (4). **Do not tighten the Nuts yet.**

Attach the Stepper Upright (97) to the Stabilizer (16) with two 5/16" Nylock Nuts (4).

Tighten all Nuts used in assembly steps 2 through 5 (including this assembly step).

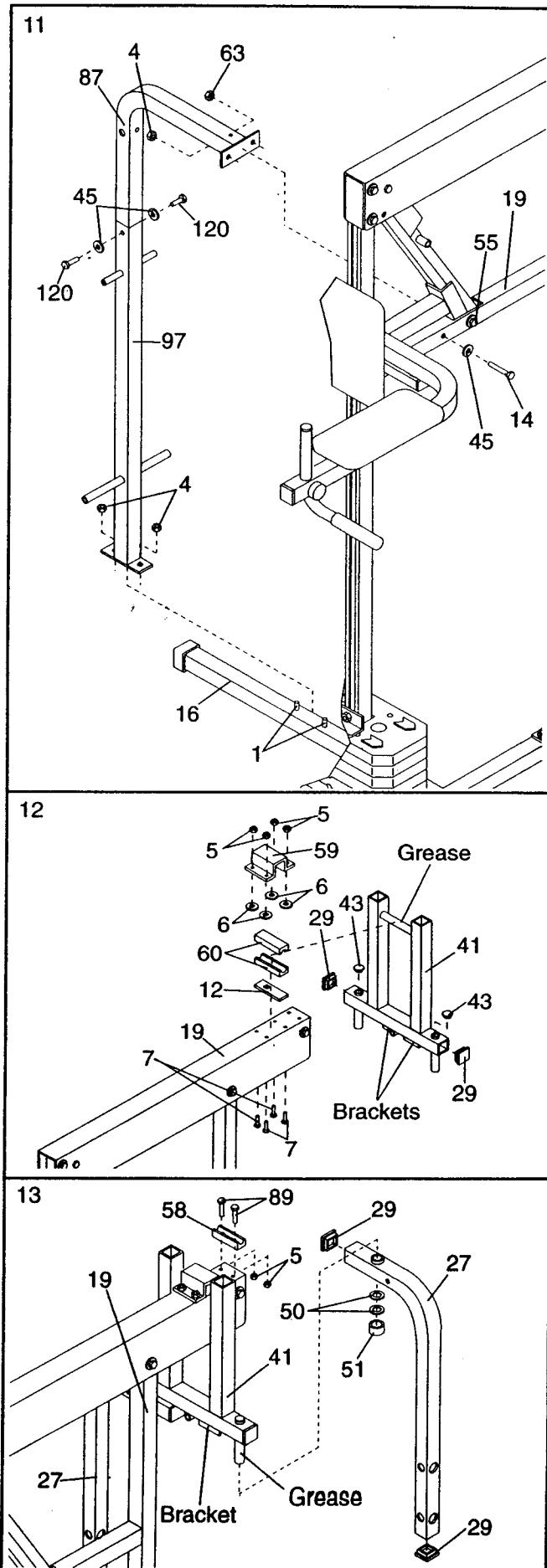
12. Press a 1" Round Cap (43) and a 1 3/4" Inner Cap (29) into each side of the Arm Frame (41).

Apply grease to upper axle on the Arm Frame (41). Hold the axle between the two Arm Frame Bushings (60). Set the Arm Frame Bushings, the Arm Frame and the Thin Metal Plate (12) on the Front Upright (19). The Arm Frame must be turned so the brackets are facing away from the Front Upright. Place the Arm Frame Cap (59) over the Arm Frame Bushings. Attach the Arm Frame Cap to the Front Upright with four 1 1/4" x 3/4" Screws (7), 1/4" Flat Washers (6) and 1/4" Nylock Nuts (5).

13. Attach the Bar Holder (58) to the Front Upright (19) with the two 1/4" x 3/4" Taper Screws (89) and two 1/4" Nylock Nuts (5).

Apply grease to the lower axles on the Arm Frame (41). Slide and Arm (27) onto the right axle. The upper end of the Arm must be between the Front Upright (19) and the indicated bracket on the Arm. Hold two 1" Retainers (50) and a 1" Plastic Cap (51) against the lower end of the axle. The teeth on the retainers must bend toward the Plastic Cap. Tap the Retainers and Plastic Cap onto the axle. Press two 1 3/4" Inner Caps (29) into the right Arm (27).

Attach the other Arm (27) to the left axle on the Arm Frame (41) in the same manner.



14. Slide a 3/8" Flat Washer (64) onto the shaft of the Selector Plate (49). Insert the shaft through the Arm Frame (41) from the indicated side. Tighten the 3/8" Nut (3) onto the shaft. **Do not overtighten the Nut; the Selector Plate must be able to turn freely.** Hold the Nut with an adjustable wrench, and tighten the Selector Knob (24) onto the shaft until it is tight against the Nut.

Thread a 1 1/4" Tap Screw (8) into the upper end of each Arm (27). Tighten or loosen the Tap Screws until there is no movement in the Arms when the Selector Plate (49) is turned to the horizontal position.

15. Wet the lower ends of the Arms (27) and insides of Long Foam Pads (28) with soapy water. Slide a Long Foam Pad about halfway up each Arm.

Insert a Handle (47) into the right Arm (27). Attach the Handle to the right Arm with a 5/16" x 2 1/4" Bolt (23), two 5/16" Flat Washers (45), a 1/2" x 3/8" Spacer (57) and a 5/16" Nylock Nut (4) as shown. Press a 1" Round Cap (43) into the Handle (47).

Attach another Handle (47) to the right Arm (27) in the same manner.

Attach two Handles (47) to the left Arm (not shown) in the same manner.

16. Attach a Large "U"-Bracket (53) to the right Arm (27) with a 3/8" x 2 3/4" Bolt (55), 3/8" Flat Washer (64) and 3/8" Nylock Nut (63).

Apply grease to a 5/16" x 2 1/4" Bolt (23). Attach a Swivel "U"-Bracket (54) to the Large "U"-Bracket (53) on the right Arm (27) with the Bolt and a 5/16" Nylock Nut (4). **Do not overtighten the Nylock Nut; The Swivel "U"-Bracket must be able to swivel freely.**

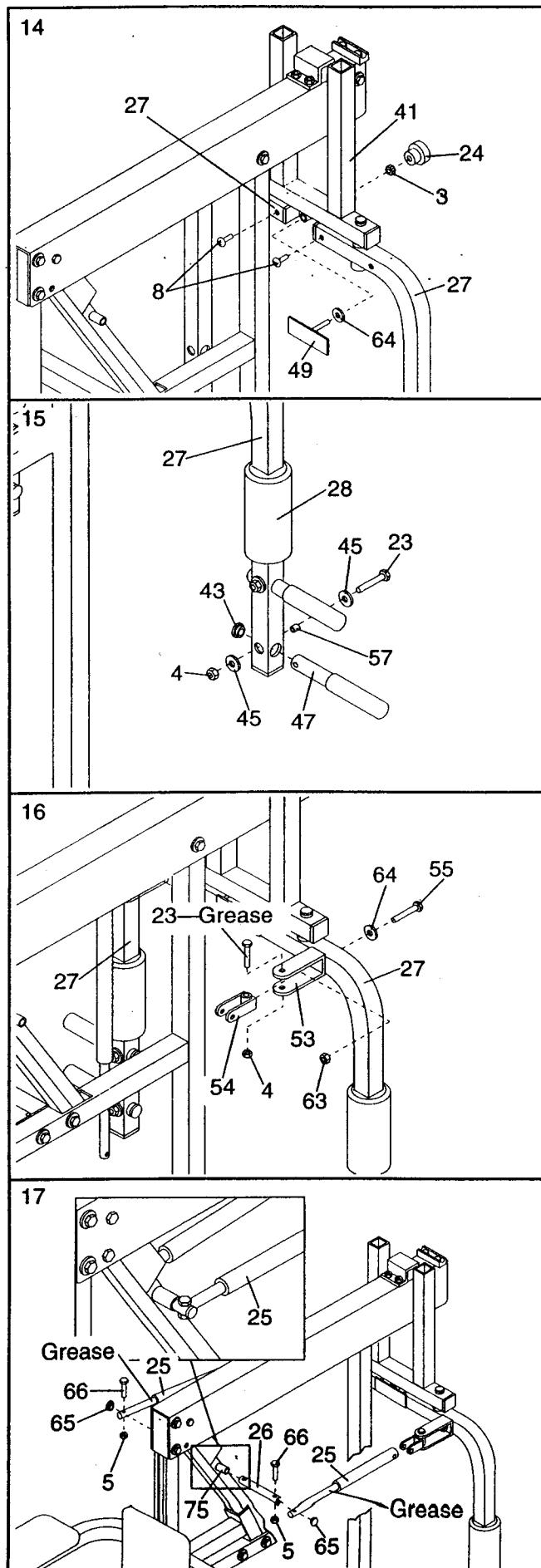
Attach a Swivel "U"-Bracket (not shown) to the Large "U"-Bracket (not shown) on the left Arm (27) in the same manner.

17. Extend the two Arm Shocks (25). Apply a liberal amount of grease around each Arm Shock in the indicated location.

Insert the Shock Bar (26) into the Pivot Arm (75) and center it. Attach an Arm Shock (25) to the Shock Bar with a 1/4" x 1 1/4" Bolt (66) and 1/4" Nylock Nut (5).

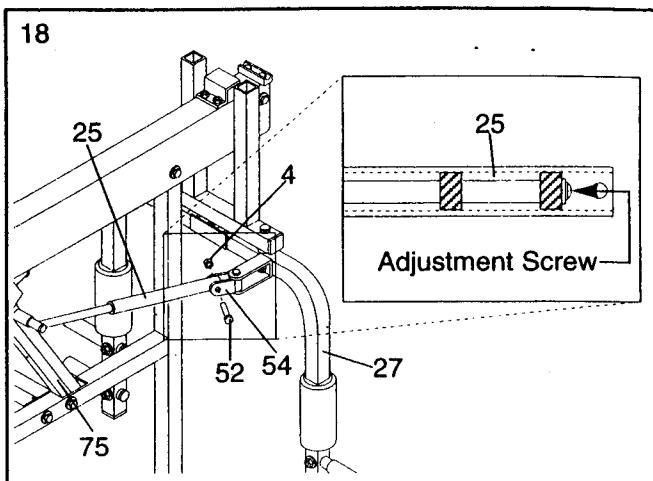
Attach the other Arm Shock (25) to the Shock Bar (26) in the same manner.

Press a 3/4" Cover Cap (65) onto each end of the Shock Bar (26).



18. Hold the Pivot Arm (75) stationary in the position shown.

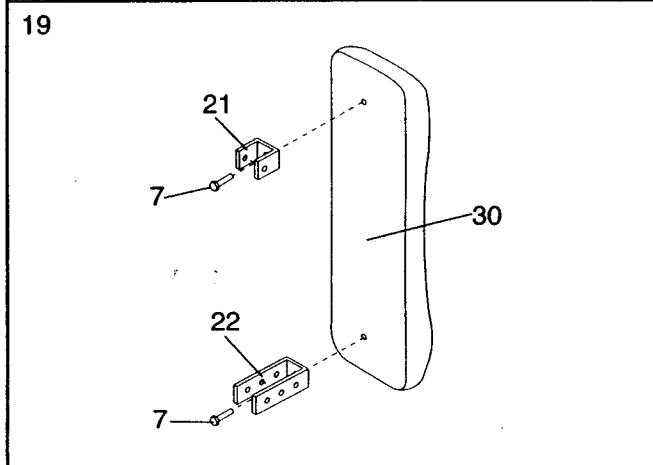
Align the hole in the end of the right Arm Shock (25) with the holes in the right Swivel "U"-Bracket (54). If the Arm Shock will not extend far enough, it must be adjusted. Press the Arm Shock together until it is as short as possible. Using a standard screwdriver, turn the adjustment screw inside the Arm Shock counterclockwise a few turns (see the inset drawing). Repeat until the hole in the Arm Shock can be aligned with the holes in the Swivel "U"-Bracket. Attach the Arm Shock to the Swivel "U"-Bracket with a 5/16" x 1 3/4" Bolt (52) and 5/16" Nylock Nut (4).



Attach the left Arm Shock (not shown) to the left Swivel "U"-Bracket (not shown) in the same manner.

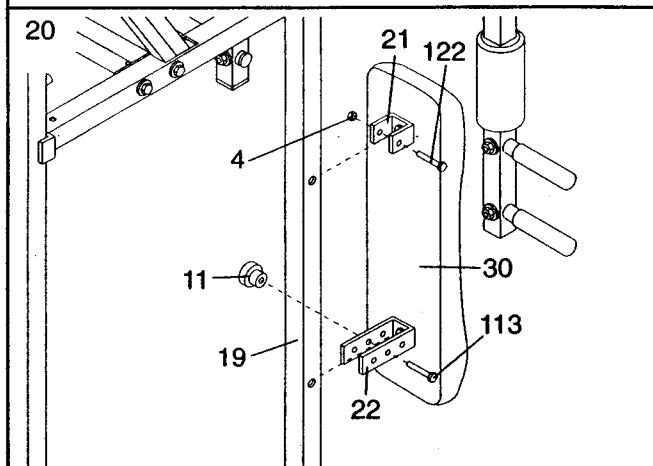
19. Attach the Small "U"-Bracket (21) to the upper end of the Large Backrest (30) with a 1/4" x 3/4" Screw (7).

Attach the Adjustment Bracket (22) to the lower end of the Large Backrest (30) with a 1/4" x 3/4" Screw (7).



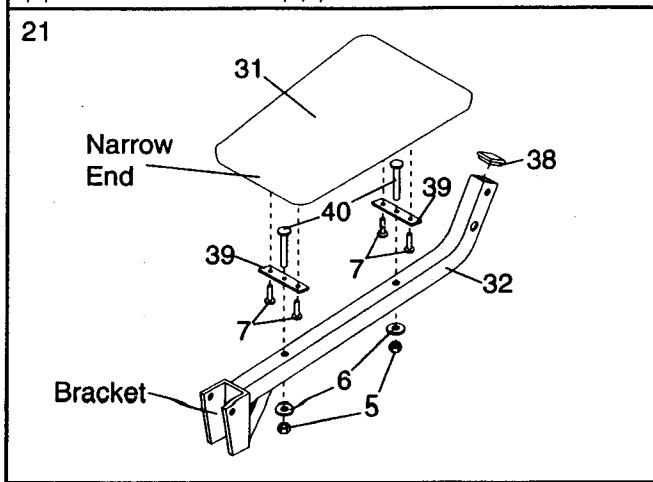
20. Align the holes in the Small "U"-Bracket (21) with the indicated hole in the Front Upright (19). Attach the Small "U"-Bracket to the Front Upright with a 5/16" x 2 3/4" Bolt (122) and 5/16" Nylock Nut (4).

Align one of the three sets of holes in the Adjustment Bracket (22) with the indicated hole in the Front Upright (19). Insert a 5/16" x 2 3/4" Carriage Bolt (113) through the Adjustment Bracket and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt.



21. Press a 1 1/2" Inner Cap (38) into the Seat Frame (32).

Attach the two Seat Brackets (39) to the Seat Frame (32) with 1/4" x 2 1/4" Carriage Bolts (40), 1/4" Flat Washers (6) and 1/4" Nylock Nuts (5).



Attach the Seat (31) to the Seat Brackets (39) with four 1/4" x 3/4" Screws (7). The narrow end of the Seat must be towards the bracket on the Seat Frame.

22. Press a 1 1/2" Inner Cap (38) into the Leg Lever (33).

Apply grease to a 5/16" x 2 1/4" Bolt (23). Attach the Leg Lever (33) to the Seat Frame (32) with the Bolt and a 5/16" Nylock Nut (4). **Do not overtighten the Nylock Nut; the Leg Lever must be able to pivot freely.**

Insert the 5/16" x 2" Eyebolt (37) through the Leg Lever (33) from the indicated side. Slide a 5/16" Flat Washer (45) onto the Eyebolt and tighten a 5/16" Nylock Nut (4) onto the Eyebolt.

23. Press 3/4" Inner Caps (36) into the ends of the two Pad Tubes (35).

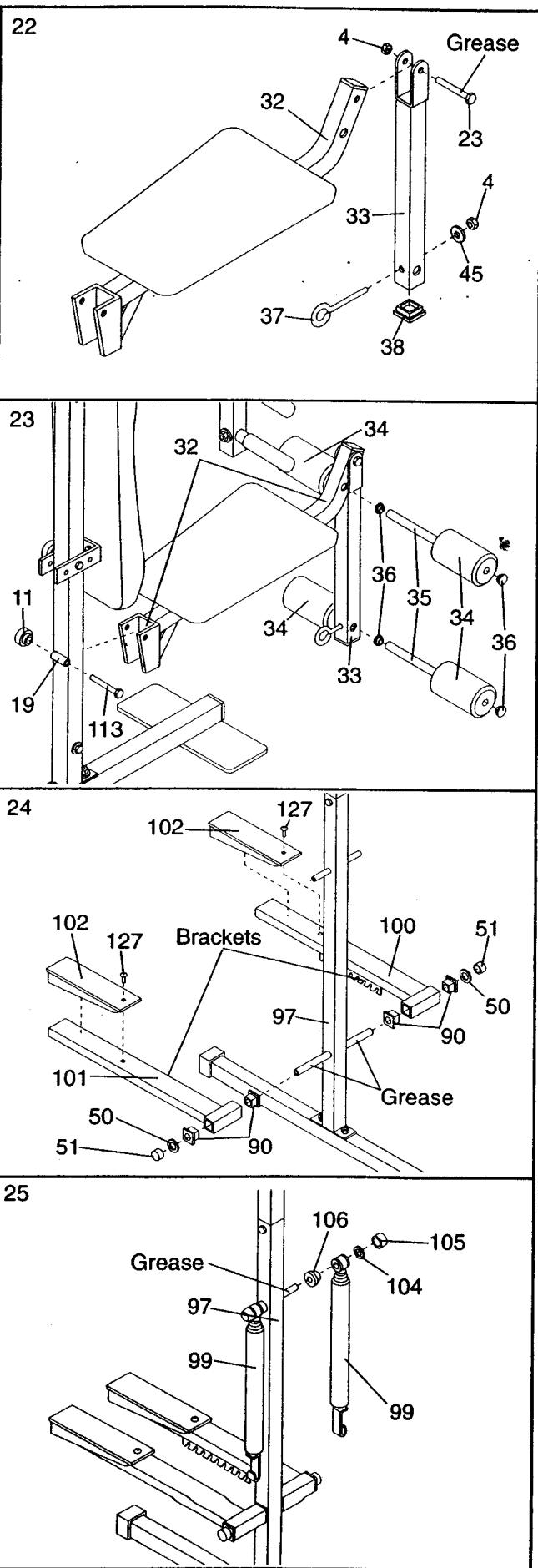
Insert one Pad Tube (35) into the Seat Frame (32) and center it. Slide a Foam Pad (34) onto each end of the Pad Tube. Insert the other Pad Tube into the Leg Lever (33) and slide a Foam Pad onto each end of it.

Align the bracket on the Seat Frame (32) with the indicated tube on the Front Upright (19). Insert a 5/16" x 2 3/4" Carriage Bolt (113) through the Seat Frame and the Front Upright. Tighten a 5/16" Knob (11) onto the Bolt.

24. Press two 1 3/8" Bushings (90) into each Pedal (100, 101). Attach a Pedal Cap (102) to each Pedal with a 1/2" Tap Screw (127).

Apply grease to the pedal axles on the Stepper Upright (97). Slide the Right Pedal (101) onto the right pedal axle, and the Left Pedal (100) onto the left pedal axle. **Note: Make sure that the Pedals are on the correct sides; the slotted brackets must be on the insides of the Pedals, as shown.** Hold a 1" Retainer (50) and 1" Plastic Cap (51) against the end of the right pedal axle. The teeth on the Retainer must bend outward. Tap the Retainer and Plastic Cap onto the pedal axle. Attach the Left Pedal in the same manner.

25. Apply grease to the cylinder axles on the Stepper Upright (97). Slide a 5/8" Spacer (106) and a Resistance Cylinder (99) onto each cylinder axle. Hold a 5/8" Retainer (104) and 5/8" Plastic Cap (105) against the end of the left cylinder axle. The teeth on the Retainer must bend outward. Tap the Retainer and Plastic Cap onto the cylinder axle. Tap a 5/8" Retainer (104) and 5/8" Plastic Cap (105) onto the right cylinder axle in the same manner.



26. Raise the Right Pedal (101) and rest it on the hook at the lower end of the right Resistance Cylinder (99). The hook must be in one of the slots under the Right Pedal.

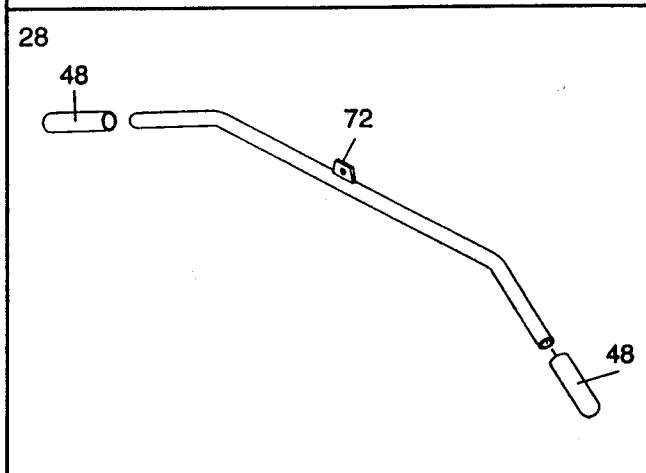
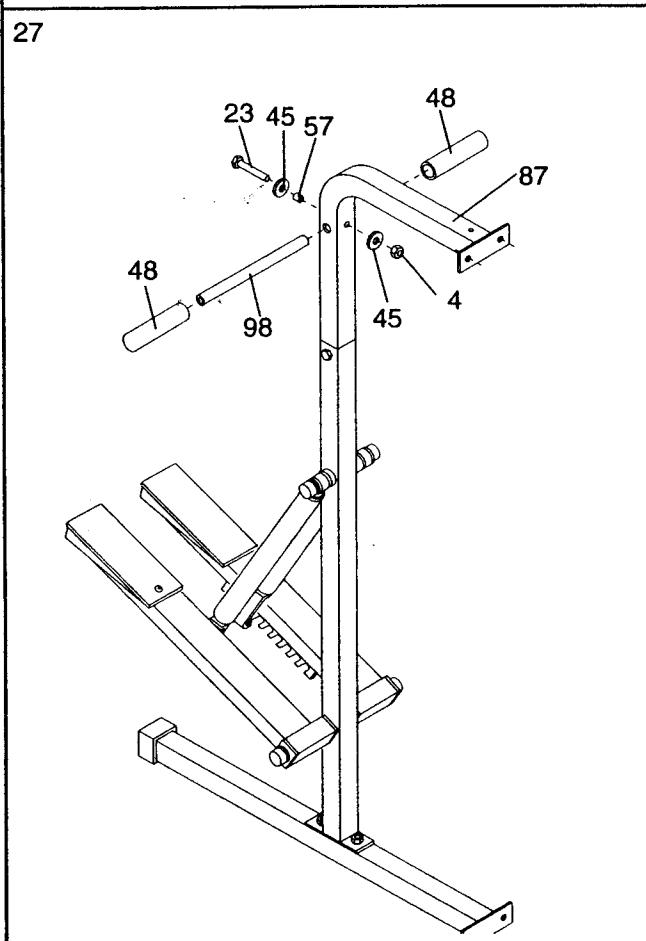
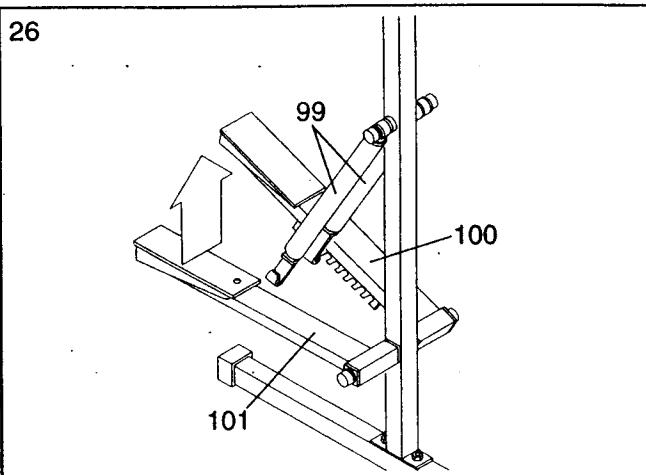
Raise the Left Pedal (100) and rest it on the hook at the lower end of the left Resistance Cylinder (99). Make sure that the hooks are in the same slots under both Pedals.

27. Wet one end of the Stepper Handle (98) with soapy water. Slide a 5" Grip (48) onto the Stepper Handle.

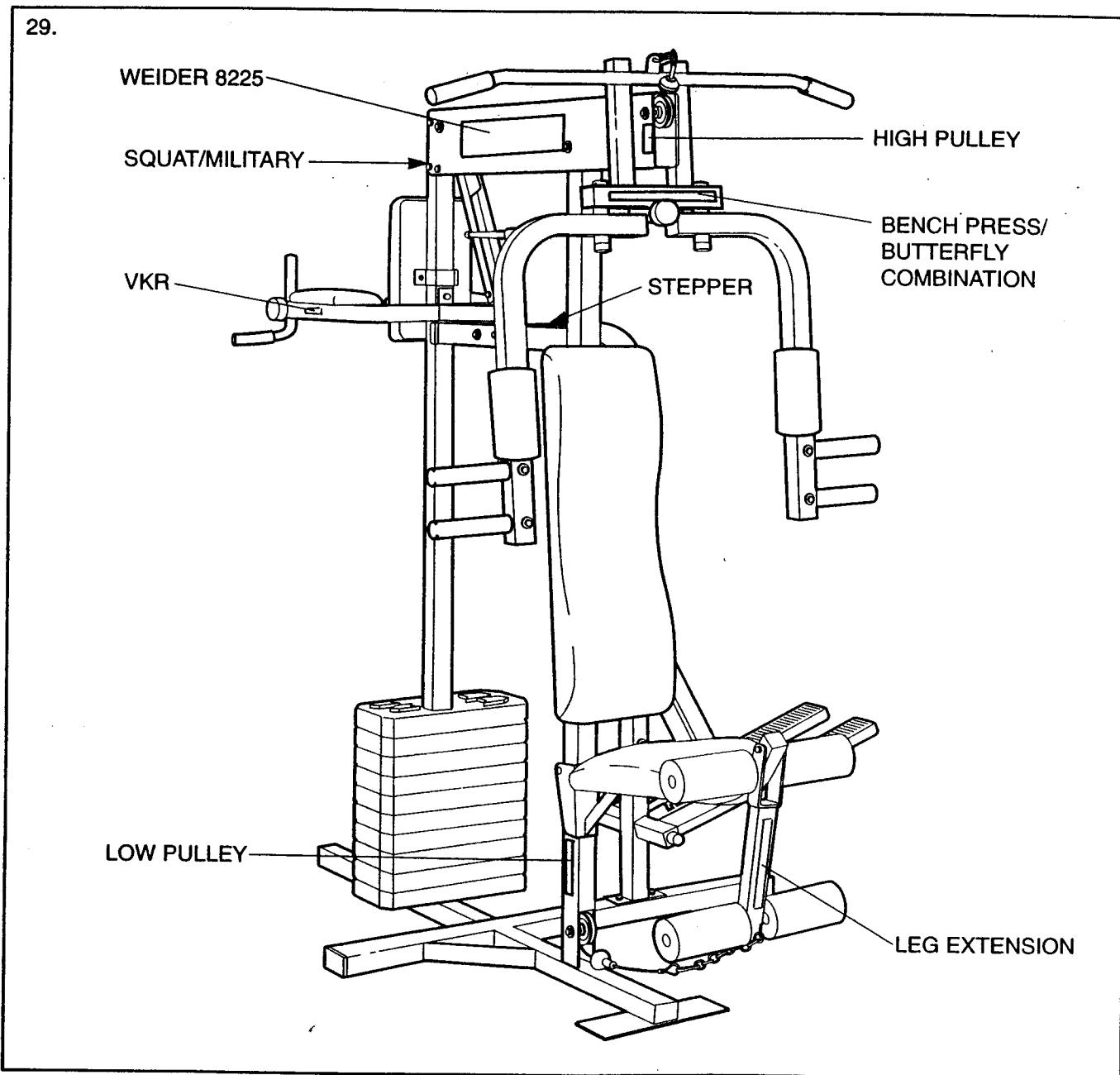
Insert the Stepper Handle (98) into the Stepper Upright Extension (87). Slide a 5/16" Flat Washer (45) and 1/2" x 3/8" Spacer (57) onto a 5/16" x 2 1/4" Bolt (23). Insert the Bolt through the Stepper Upright Extension and the Stepper Handle. Slide another 5/16" Flat Washer (45) onto the Bolt and tighten a 5/16" Nylock Nut (4) onto the Bolt.

Wet the other end of the Stepper Handle (98) with soapy water. Slide another 5" Grip (48) onto the Stepper Handle.

28. Wet the ends of the Lat Bar (72) with soapy water. Slide a 5" Grip (48) onto each end of the Lat Bar.



29. Remove the decals from the Decal Sheet (not shown), and apply them to the hard drive system in the locations shown in the drawing below.



30. Make sure that all parts are properly tightened. The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 15 of this owner's manual.

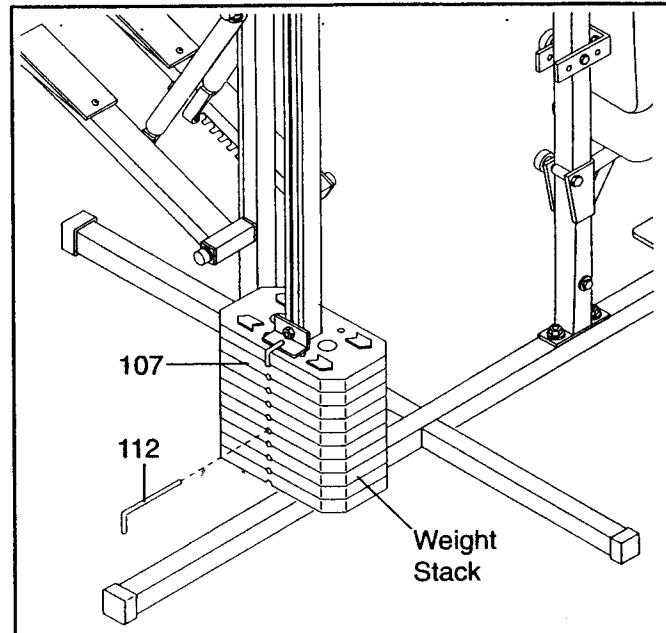
31. Before using the hard drive system, test the cables and pulleys. Pull each cable a few times to make sure that the cable moves smoothly over the pulleys. If one of the cables does not move smoothly, locate and correct the problem before using the hard drive system. The CABLE DIAGRAM on page 19 of this manual shows the correct route of each cable. **IMPORTANT: If the cables are not properly routed, they may be damaged when heavy weight is used.**

ADJUSTMENT

The instructions below describe how each part of the hard drive system can be adjusted. Refer to the EXERCISE GUIDE accompanying this owner's manual to see how the hard drive system should be set up for each exercise. **IMPORTANT:** When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cable or chain as an exercise is performed, the effectiveness of the exercise will be decreased.

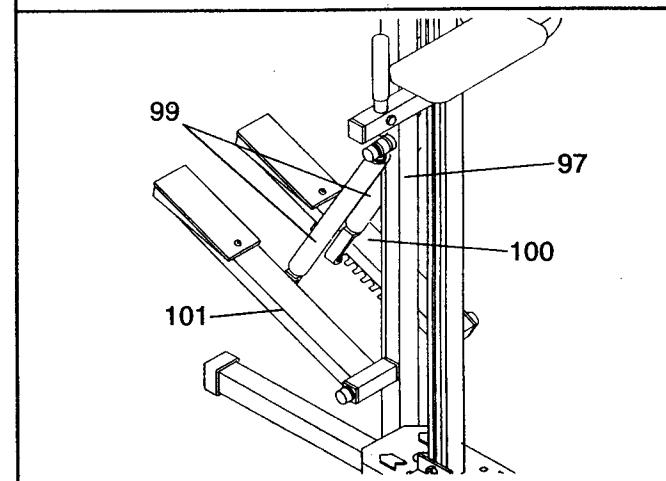
SELECTING A WEIGHT SETTING

The weight setting can be changed by inserting the "L"-Pin (112) under different Weights (107) in the weight stack. Make sure to insert the "L"-Pin until the bent end is touching the Weight, and turn the bent end downward. Because each Weight weighs 12.5 pounds, the weight setting can be changed from 12.5 pounds to 125 pounds, in increments of 12.5 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting.**



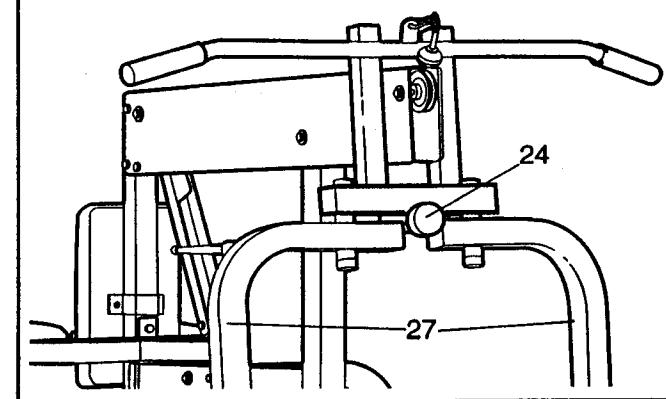
CHANGING THE STEPPING RESISTANCE

To change the stepping resistance, first lift the Left and Right Pedals (100, 101) off the hooks at the lower ends of the Resistance Cylinders (99). Move the hooks to different slots under the Pedals. **Make sure that the hooks are fully inserted into the same slots under both Pedals.** The farther the hooks are moved from the Stepper Upright (97), the greater the resistance will be. **WARNING: The Resistance Cylinders become very hot during use. Allow the Resistance Cylinders to cool before touching them.**



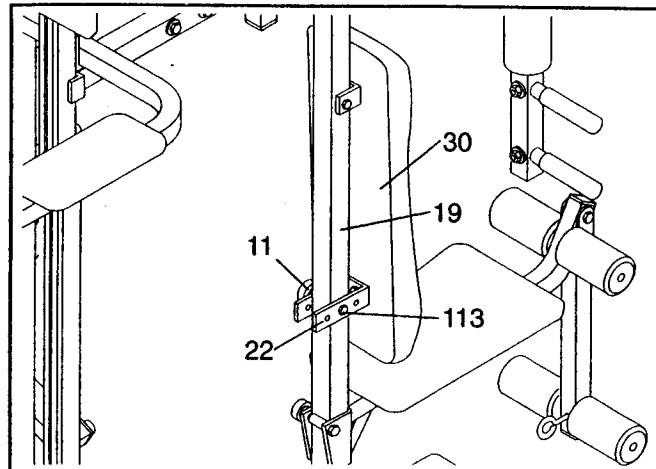
CONVERTING THE ARMS TO THE BUTTERFLY MODE OR THE PRESS MODE

The Arms (27) can be used in either the butterfly mode or the press mode. To perform the BUTTERFLY exercise, convert the Arms to the butterfly mode by turning the Selector Knob (24) clockwise. To perform the BENCH PRESS exercise, convert the Arms to the press mode by turning the Selector Knob counter-clockwise.



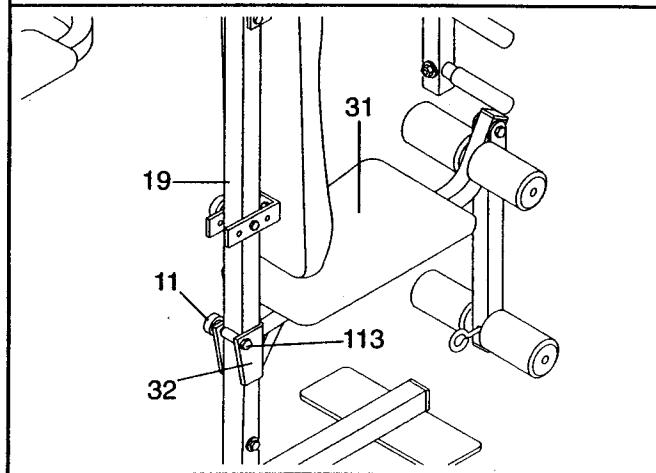
ADJUSTING THE BACKREST

The Large Backrest (30) can be adjusted to any of three positions. To change the position, first remove the 5/16" Knob (11) and 5/16" x 2 3/4" Carriage Bolt (113). Pivot the lower end of the Large Backrest until one of the three holes in the Adjustment Bracket (22) is aligned with the hole in the Front Upright (19). Insert the Carriage Bolt through the Adjustment Bracket and the Front Upright, and tighten the Knob onto the Carriage Bolt.



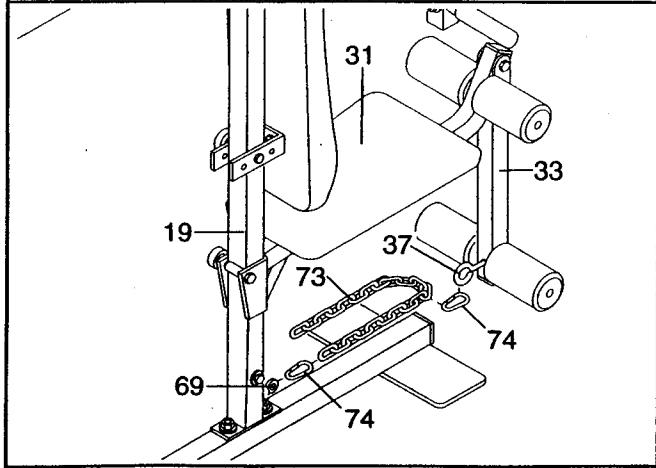
ATTACHING AND REMOVING THE SEAT

The Seat (31) should be attached to the Front Upright (19) as described in assembly step 21 on page 11. For some exercises, the Seat must be removed. To remove the Seat, first make sure that the chain is not attached to the leg lever. Next, remove the 5/16" Knob (11) and 5/16" x 2 3/4" Carriage Bolt (113) from the Seat Frame (32). Lift the Seat off the Front Upright.



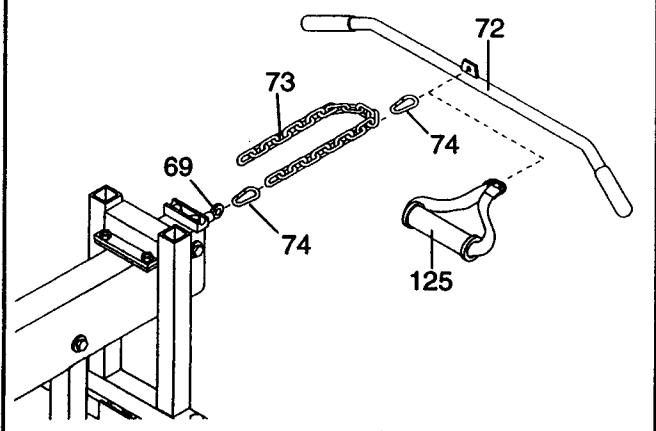
ATTACHING THE LEG LEVER TO THE LOW PULLEY STATION

To use the Leg Lever (33), the Seat (31) must be attached to the Front Upright (19) (see ATTACHING AND REMOVING THE SEAT above). Attach one end of the Chain (73) to the Pulley Cable (69) with a Cable Clip (74). Attach the other end of the Chain to the 5/16" x 2" Eyebolt (37) with a Cable Clip.



ATTACHING THE LAT BAR OR NYLON STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (72) to the Pulley Cable (69) with a Cable Clip (74). For some exercises, the Chain (73) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. Adjust the length of the Chain between the Lat Bar and the Pulley Cable so the Lat Bar is in the correct starting position for the exercise to be performed.

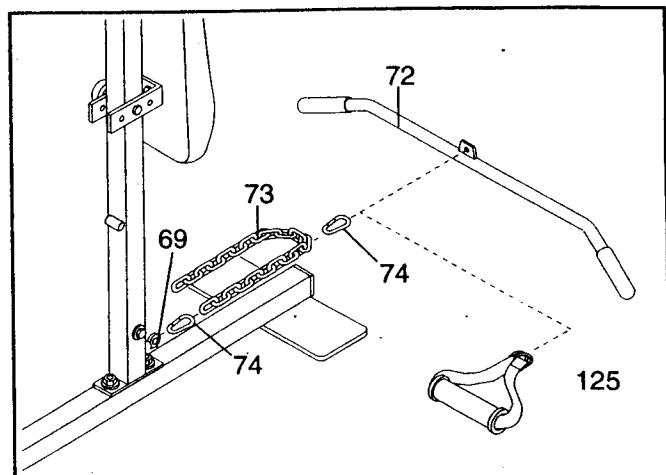


The Nylon Strap (125) can be attached in the same manner.

ATTACHING THE LAT BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (72) to the Pulley Cable (69) with a Cable Clip (74). For some exercises, the Chain (73) should be attached between the Lat Bar and the Pulley Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Pulley Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

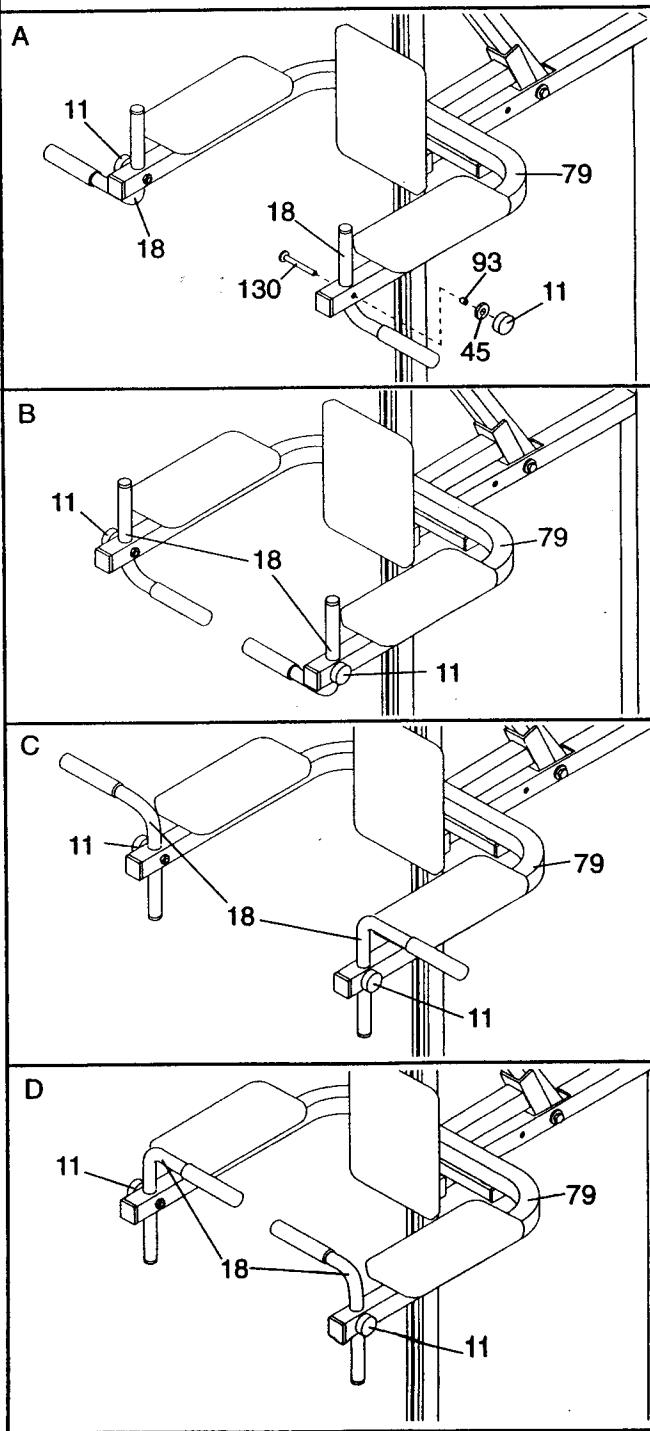
The Nylon Strap (125) can be attached in the same manner.



ATTACHING THE VKR HANDLES

The VKR Handles (18) can be attached to the VKR Frame (79) in any of four different positions (see drawings A through D). The versatile VKR Frame can be used for SHOULDER PRESSES, SQUATS and CALF RAISES in addition to LEG RAISES and KNEE RAISES. When performing these exercises, adjust the position of the VKR Handles so that the handles are in the most comfortable position for you.

To change the position of the VKR Handles (18), first remove the 5/16" Knob (11), 5/16" Flat Washer (45), 1/2" x 5/16" Spacer (93) and 5/16" x 2" Carriage Bolt (130) from each VKR Handle (see drawing A). Insert the VKR Handles into the VKR Frame in the desired position (see drawings A through D). Reattach each VKR Handle with a 5/16" Knob (11), 5/16" Flat Washer (45), 1/2" x 5/16" Spacer (93) and 5/16" x 2" Carriage Bolt (130).



TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the hard drive system. Replace any worn parts immediately. The hard drive system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

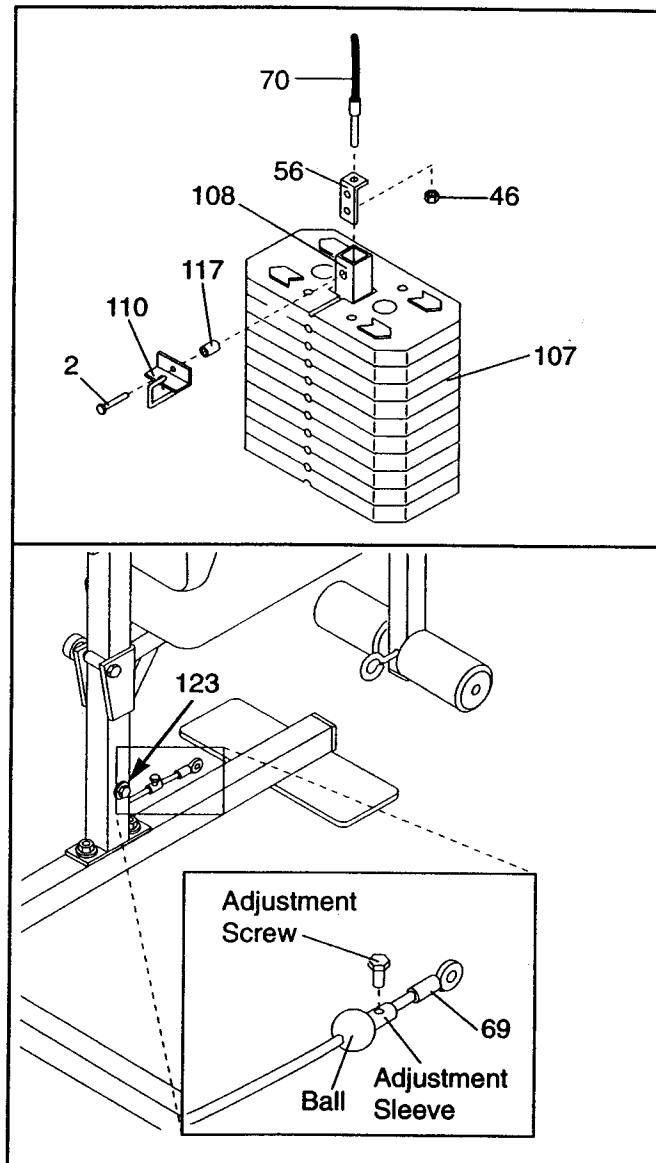
TIGHTENING THE CABLES

Woven cable, the type of cable used on the hard drive system, can stretch slightly when it is first used. If there is any slack in the cables before resistance is felt, the cables should be tightened as described below.

When the Weight Cable (70) is properly tightened, the pivot arm (see the drawing on page 19) should be resting against the stop bolt. To tighten the Weight Cable, first remove the 5/16" x 1 1/4" Bolt (2), the Weight Bracket (110) and the 1/2" x 1/2" Spacer (117). Remove the Cable Bracket (56) from the Weight Tube (108). Tighten the 1/4" Nut (46) farther onto the end of the Weight Cable. Insert the Cable Bracket back onto the Weight Tube. Reattach the 5/16" x 1 1/4" Bolt (2), the Weight Bracket (110) and the 1/2" x 1/2" Spacer (117). To further tighten the Weight Cable, the Bolt can be tightened into the upper hole in the Cable Bracket rather than the lower hole. Make sure that the Weight Cable is not too tight, or the first weight (107) will be lifted off the weight stack.

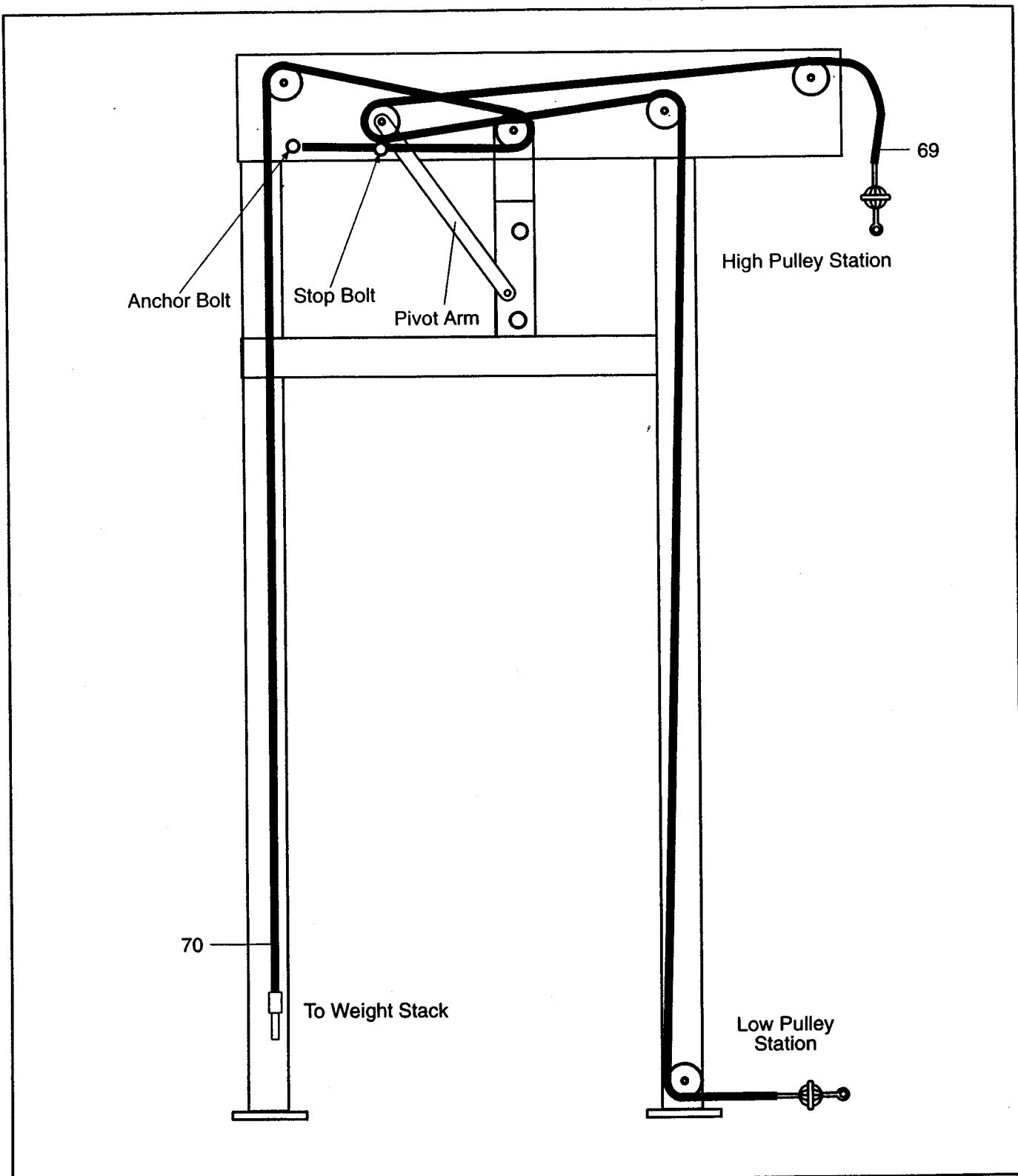
To tighten the Pulley Cable (69), first loosen the adjustment screw near the lower end of the Pulley Cable. Pull the end of the Pulley Cable until the Pulley Cable is tight, and slide the adjustment sleeve and the ball against the 2 5/8" Pulley (123). Retighten the adjustment screw.

If the weight cable or pulley cable need to be replaced, see the back cover of this owner's manual for information about ordering replacement parts.



CABLE DIAGRAM

The Pulley Cable (69) and Weight Cable (70) come pre-assembled. Use the diagram below to check the routing of the cables and make sure that the cables are on all of the pulleys.



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-667-2140, Monday through Friday, 9 a.m. until 5 p.m. Eastern Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (2319 WG-8225).
2. The NAME of the product (WEIDER® 8225 Hard Drive System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from the PART LIST/EXPLODED DRAWING accompanying this owner's manual.

LIMITED WARRANTY

Weider, Inc. ("WEIDER"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. WEIDER's obligation under this warranty is limited to replacing or repairing, at WEIDER's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by WEIDER at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by WEIDER. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a WEIDER authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by WEIDER.

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THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ANY AND ALL OTHER WARRANTIES AND ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

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IMPORTANT CUSTOMER NOTICE

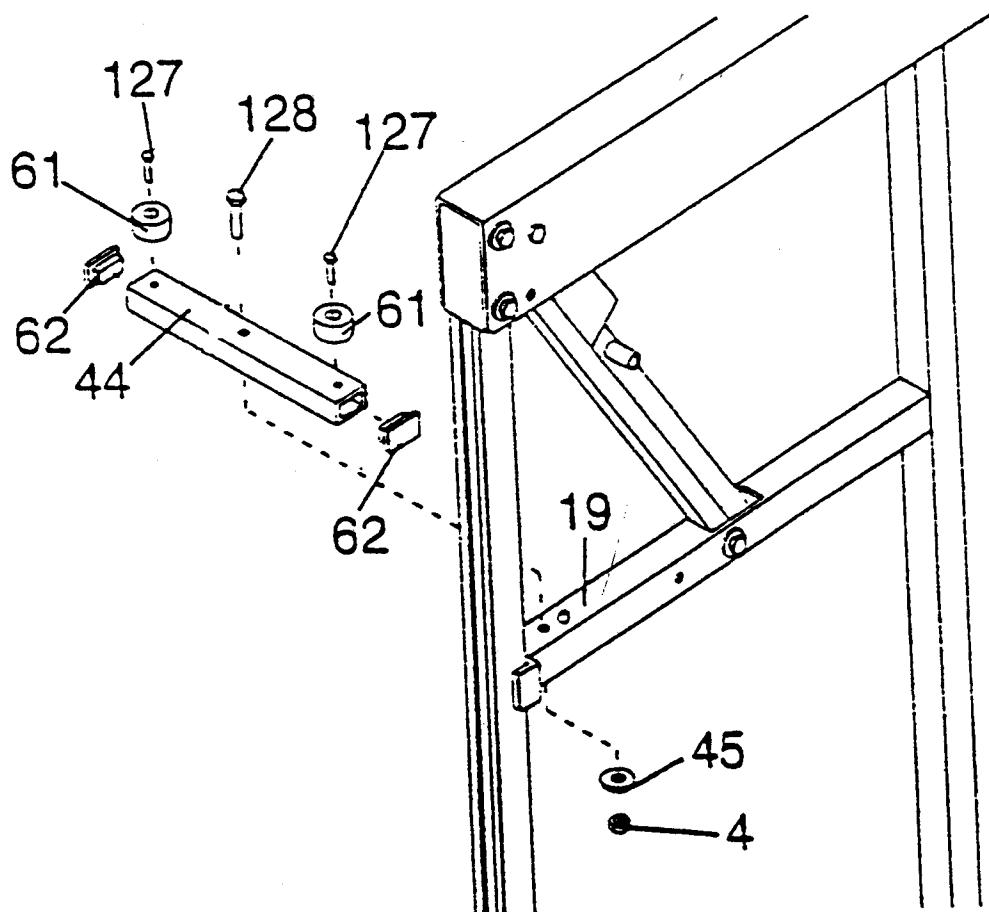
WEIDER SPORTING GOODS ■ MODEL 8225

ASSEMBLY INSTRUCTION UPDATES

DEAR CUSTOMER,

PLEASE REFER TO THE FOLLOWING INSTRUCTIONS DURING ASSEMBLY STEP 6.

ATTACH THE VKR FRAME STOP (44) TO THE FRONT UPRIGHT (19) YOU
MUST BOLT THROUGH THE HOLE WHICH IS CLOSER TO THE REAR UPRIGHT, AND DO NOT
USE THE UPPER FLAT WASHER (45) JUST LIKE ON THE ILLUSTRATION BELOW.



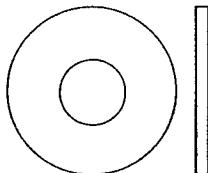
PART IDENTIFICATION CHART—Model No. WG82250

R994A

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers of the key number of the part. The second number refers to the quantity used in assembly. This side of the chart shows all of the nuts, washers, screws and bolts used in assembly. See the opposite side of this chart for all other parts.



#8-32 Nut (88)—2



5/16" Flat Washer (45)—25



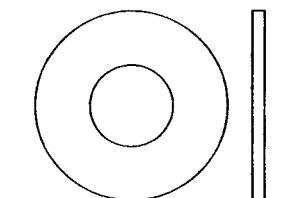
1/4" Nut (46)—1



1/4" Nylock Nut (5)—10



5/16" Nylock Nut (4)—24



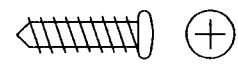
3/8" Flat Washer (64)—4



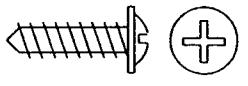
3/8" Nut (3)—1



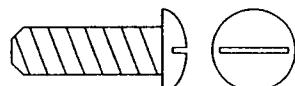
3/8" Nylock Nut (63)—3



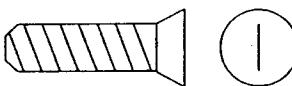
#8-32 Screw (10)—2



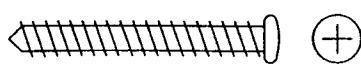
1/2" Tap Screw (127)—2



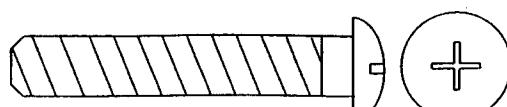
1/4" x 3/4" Screw (7)—12



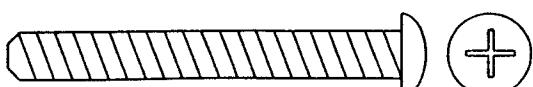
1/4" x 3/4" Taper Screw (89)—2



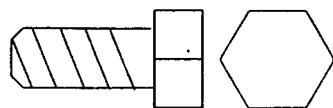
1 1/4" Tap Screw (8)—4



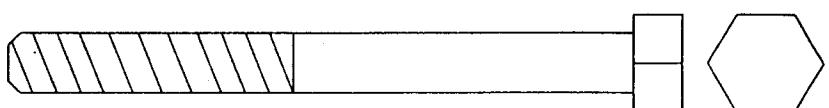
5/16" x 1 3/4" Screw (114)—1



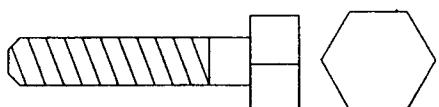
1/4" x 2" Screw (82)—4



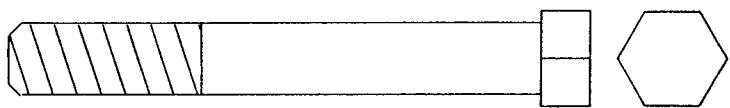
5/16" x 3/4" Bolt (120)-2



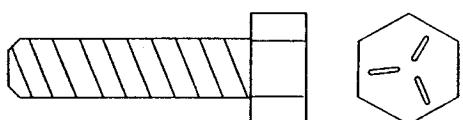
5/16" x 3 1/4" Bolt (115)-4



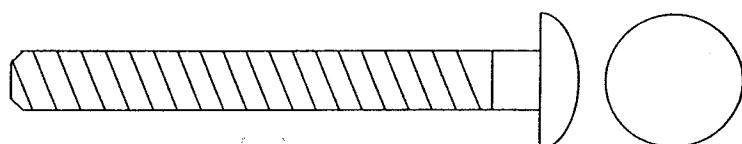
1/4" x 1 1/4" Bolt (66)-2



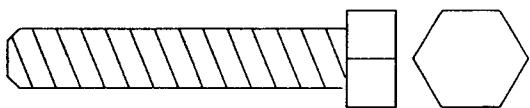
3/8" x 2 3/4" Bolt (55)-3



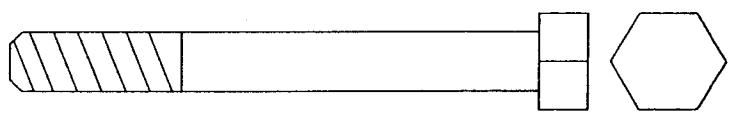
5/16" x 1 1/4" Grade 5 Bolt (2)-1



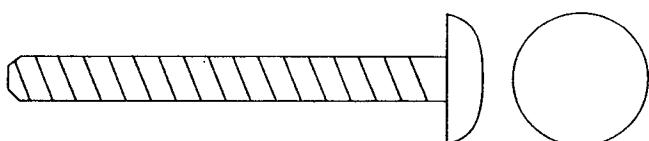
5/16" x 2 3/4" Carriage Bolt (113)-2



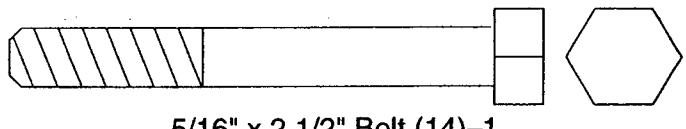
5/16" x 1 3/4" Bolt (52)-2



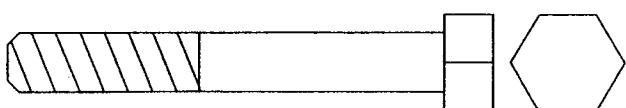
5/16" x 2 3/4" Bolt (122)-3



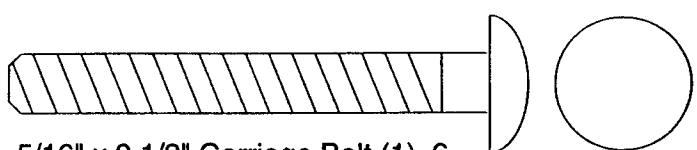
1/4" x 2 1/4" Carriage Bolt (40)-2



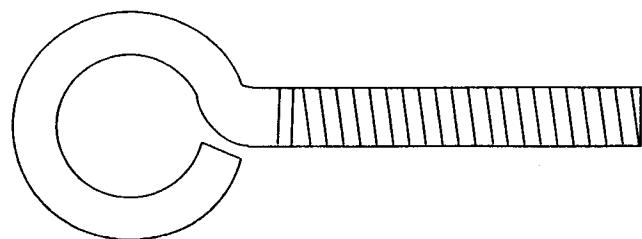
5/16" x 2 1/2" Bolt (14)-1



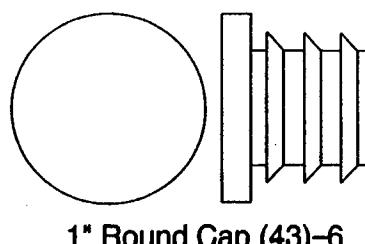
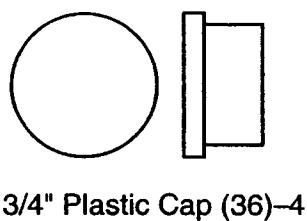
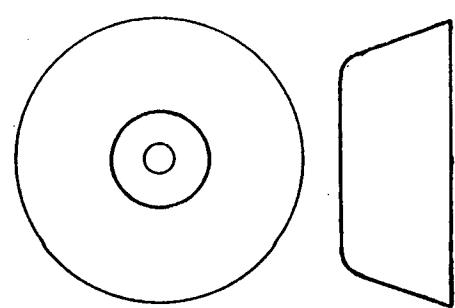
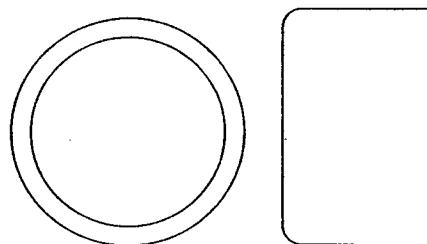
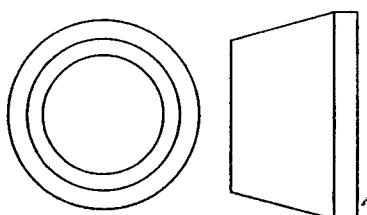
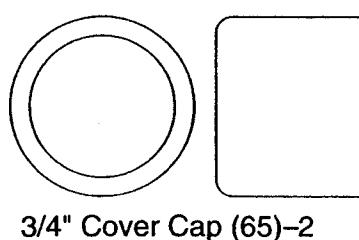
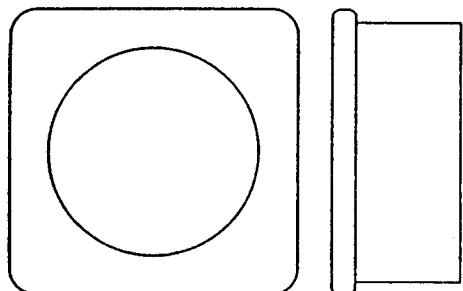
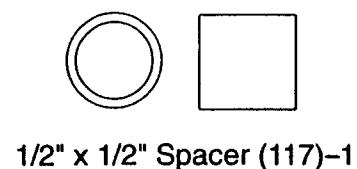
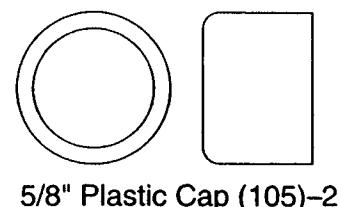
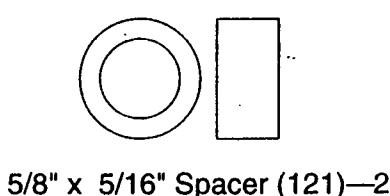
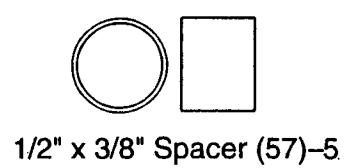
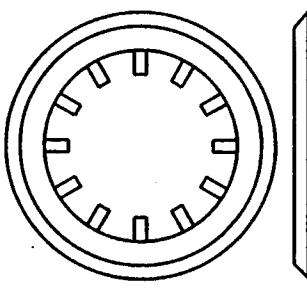
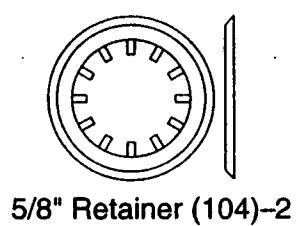
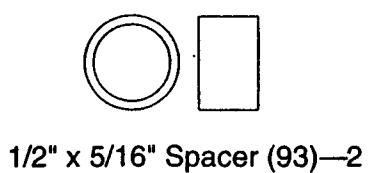
5/16" x 2 1/4" Bolt (23)-8

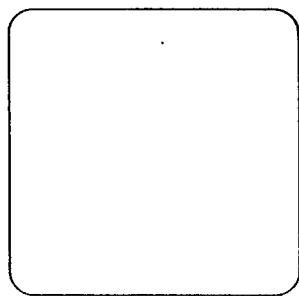


5/16" x 2 1/2" Carriage Bolt (1)-6

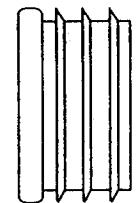
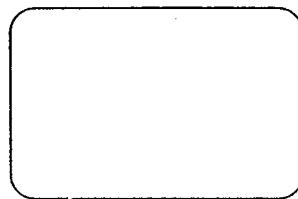


5/16" x 2" Eyebolt (37)—1

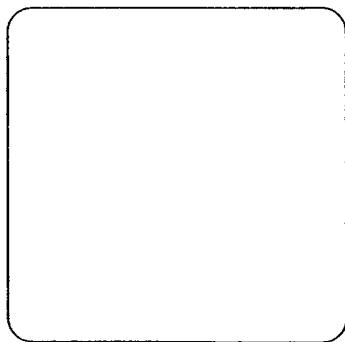




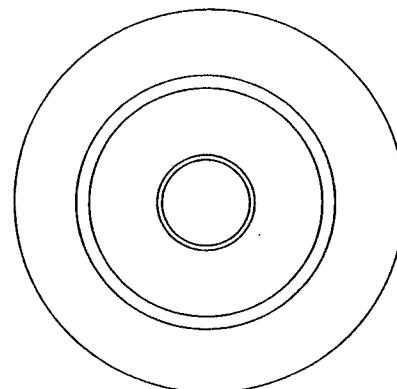
1 1/2" Inner Cap (38)—4



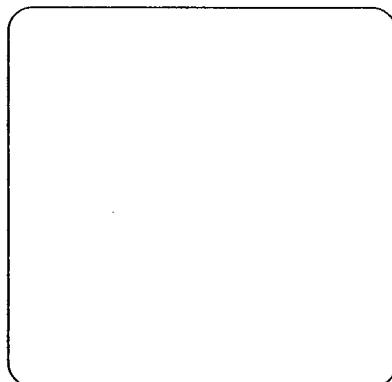
1" x 1 1/2" Inner Cap (62)—2



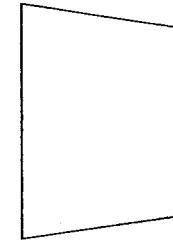
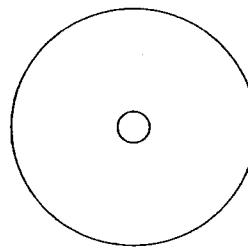
1 3/4" Inner Cap (29)—6



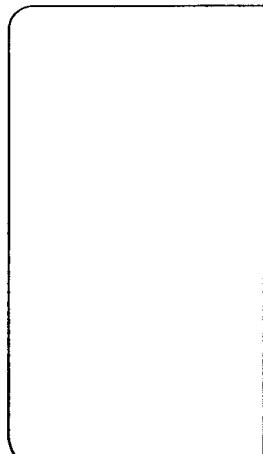
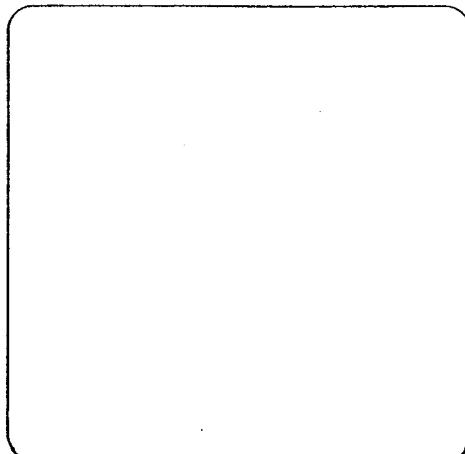
Roller (109)—4



2" Inner Cap (13)—1



Rubber Bumper (9)—2



2" Outer Cap (81)—3